

Example Asthma Diary

| DATE | Wheeze | Cough | Activity | Sleep | Quick-relief Beta-2 agonist | Cromolyn/nedocromil | Inhaled steroids | Other-inhaled | Oral steroids | Theophylline | Peak flow | | | Comments |
|-----------------|------------|-------|---|-------|--------------------------------|--------------------------------------|------------------|---------------|---|--------------|-----------|------|-------------|----------|
| | | | | | | | | | | | a.m. | p.m. | Other times | |
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| Wheeze | None = 0 | | Some = 1 | | | Medium = 2 | | | Severe = 3 | | | | | |
| Cough | None = 0 | | Occasional = 1 | | | Frequent = 2 | | | Continual = 3 | | | | | |
| Activity | Normal = 0 | | Can run short distance or climb 3 flights of stairs = 1 | | | Can walk only = 2 | | | Missed school or work; stayed indoors = 3 | | | | | |
| Sleep | Fine = 0 | | Slept well, slight wheeze or cough = 1 | | | Awake 2-3 times, wheeze or cough = 2 | | | Bad night, awake most of the time = 3 | | | | | |

Source: NHLBI National Asthma Education and Prevention Program, 1997